Unit 1 - Importance of Nutrients Layered Curriculum Experiences

**All work must look professional, neat, organized, colorful, and easy to follow.**

Level 1 - Basic Learning and Skills Activities Choose activities to earn a maximum of up to 20 points

**A=18-20 Points; B=16-17 Points; C=14-15 Points; D=12-13 Points**

**Due Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** (end of class)

\_\_\_\_\_ Guided note taking – video or lecture, PPT (**required**) (3 points)

\_\_\_\_\_ Create flash cards/online flashcards for the vocabulary in this unit (4 points) (4 words from each chapter/color coded section)

\_\_\_\_\_ Draw or print a picture that represents the vocabulary in this unit (4 points) (4 words from each chapter/color coded section)

\_\_\_\_\_ Create a crossword puzzle and answer key for the vocabulary in this unit, 4 words from each chapter/color coded section (5 points)

\_\_\_\_\_ Create a multiple choice quiz and answer key for the vocabulary in this unit (minimum of 15 questions, must include 4 words from each chapter/color coded section) (5 points)

\_\_\_\_\_ Create a matching or fill in the blank quiz and answer key for the vocabulary in this unit (must include 4 words from each chapter/color coded section) (5 points)

\_\_\_\_\_ Identify 5 food sources for each of the 6 nutrients (5 points)

\_\_\_\_\_ Chart a total 12 fruits and vegetables that are in season now and what nutrients can you get from those foods (6 points)

\_\_\_\_\_ List 12 foods and explain two nutritional benefits/functions for each (6 points)

\_\_\_\_\_ Name the 6 major nutrients and explain the function of each one in the body. (create a song/poem or graphic organizer) (6 points)

Level 2 - Application Activities Choose activities to earn up to 30 points

**A=28-30 Points; B=24-27 Points; C=20-23 Points; D=18-19 Points**

**Due Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** (end of class)

\_\_\_\_\_ Create a map/pictogram of a grocery store indicating where foods containing all 6 nutrients can be found (6 points)(computer generated or neatly detailed, use of ruler is obvious)

\_\_\_\_\_ Create a commercial advertising 1 of the nutrients, include the benefits and food sources (6 points)(drop video into teachers drop folder)

\_\_\_\_\_ Create a song/rap/poem describing all 6 nutrients and their functions (6 points)

\_\_\_\_\_ Analyze the effects of 1 deficiency and 1 excess for each nutrient (6 points)

\_\_\_\_\_ Draw a comic strip explaining the importance of one of the nutrients (8 points) (computer generated or neatly detailed, use of ruler is obvious)

\_\_\_\_\_ Create an illustrated explanation showing what foods are good for what parts of the body; use at least 10 different foods (10 points) (computer generated or neatly detailed, use of ruler is obvious)

\_\_\_\_\_Create a graphic organizer for different types of proteins, include functions and at least five food sources for each type (10 points)

\_\_\_\_\_ Create a graphic organizer for different types of carbs, include functions and food sources (10 points)

\_\_\_\_\_ Create a graphic organizer for different types of fats, include functions and food sources (10 points)

\_\_\_\_\_ Create a graphic organizer for different types of minerals, include functions and food sources (10 points)

\_\_\_\_\_ Create a graphic organizer for different types of vitamins, include functions and food sources (10 points)

Level 3 - Analyzing Activities Choose 1 activity to earn up to 50 points

**A=48-50 Points; B=44-47 Points; C=40-43 Points; D=36-39 Points**

**Due Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** (beginning of class)

\_\_\_\_\_ Videotape yourself creating/preparing a nutritious meal and verbally defend why it is so throughout the video (Place a copy of the video in teachers drop folder) *Partner or Individually*

\_\_\_\_\_ Create a Public Service Video Announcement (PSA) or advertisement for a specific nutrient group. Must include food options, benefits, and health risks of deficiencies. (Place a copy of the video in teachers drop folder) *Partner or Individually*

\_\_\_\_\_ Create a comparison chart depicting the cost differences for 10 fruits and 10 vegetables in each of the following states: fresh, frozen, canned and dried. Compare the nutrient content of each state. Explain what you learned after comparing each.

\_\_\_\_\_ Create an interactive PPT to show the effects on the body for 10 different nutrient deficiencies. (place a copy of the PPT in teachers drop folder)